

Evidence-based Recidivism Reduction (EBRR) Programs and Productive Activities (PA)



The BOP assesses inmates for criminogenic needs and other needs that are associated with an increased risk of recidivism in the following areas: Anger/Hostility; Antisocial Peers; Cognitions; Dyslexia; Education; Family/Parenting; Finance; Poverty; Medical; Mental Health; Recreation/Leisure/Fitness; Substance Abuse; Trauma; and Work. The needs assessment system, inclusive of the screening and other assessment instruments and/or tools developed, is used to appropriately identify the individual needs of each inmate to assign appropriate evidence-based recidivism reduction programming (EBRRs) and productive activities.

Evidence-based Recidivism Reduction (EBRR) Programs

EBRR Name (short description)	Duration	Frequency	Hours ¹	Program Location(s)	Needs(s) Addressed
Bureau Literacy Program (Reading, math, and writing skills leading to high school equivalency)	Dependent on inmate progress	1.5 hours/day	240	All BOP institutions ²	Dyslexia, Education
Occupational Education Programs (Vocational training and marketable skills in a wide variety of trades)	Varies	Varies	500	All BOP institutions	Work
Federal Prison Industries (Trade name UNICOR, a job skills program)	Indefinite Duration	Full or shared half time	500	57 factories and 2 farms located at 51 facilities	Work
National Parenting from Prison Program (Program focused on family engagement and parenting skills)	Phase 1: 4 weeks; Phase 2: 5 - 10 weeks	2 hours/week	40	All BOP institutions	Family/Parenting
BRAVE (CBT ³ for young males with first offense)	6 months	20 hours/week	500	Beckley; Victorville-Medium	Antisocial Peers, Cognitions
Challenge (CBT for high security males focused on substance use and mental illness intervention)	Minimum of 9 months	20 hours/week	500	At 17 high security facilities ⁴	Cognitions, Mental Health, Substance Abuse
Female Integrated Treatment (CBT program for women addressing mental illness, trauma, substance use and vocational needs)	Varies based on individual need	20 hours/week	500	Danbury - female	Cognitions, Mental Health, Substance Abuse, Trauma, Work
Mental Health Step Down Program (CBT for SMI ⁵ inmates)	12-19 months	20 hours/week	500	Allenwood- High; Atlanta; Butner-Medium	Cognitions, Mental Health
Residential Drug Abuse Treatment Program (RDAP) (CBT for inmates with diagnosed substance use disorders)	9 months	20 hours/week	500	At 88 locations ⁶	Cognitions, Substance Abuse

¹ Hours Awarded for Completion

² All BOP institutions means the program can be offered; scheduled offerings will be based on specific population needs.

³ CBT – Cognitive Behavioral Therapy

⁴ See BOP National Programs Catalog for specific locations

⁵ SMI - Serious Mental Illness

⁶ See BOP National Programs Catalog for specific locations

EBRR Name (short description)	Duration	Frequency	Hours⁷	Program Location(s)	Needs(s) Addressed
Resolve Program (Trauma treatment)	40 weeks	Varies	80	All female sites except satellites; Florence and Danbury - male	Cognitions, Mental Health, Trauma
STAGES Program (High intensity CBT for SMI and personality disorder inmates)	12-18 months	20 hours/week	500	Florence High; Terre Haute - Medium	Cognitions, Mental Health
Skills Program (CBT and educational residential programs for inmates with cognitive impairments)	12-18 months	20 hours/week	500	Danbury; Coleman-Medium	Cognitions, Mental Health
Life Connections Programs (Faith-based values and life skills program)	18 months	20 hours/week	500	Petersburg - Low; Leavenworth; Milan; Terre Haute - High; Carswell	Family/Parenting
Anger Management (CBT program to manage anger)	12 Sessions	1.5 hours/week	18	All BOP institutions	Anger/Hostility Cognitions
Assert Yourself for Female Offenders (CBI ⁸ and psychoeducational program that teaches women to be assertive)	8 weeks	1 hour/week	8	All female sites	Cognitions, Family/Parenting
Basic Cognitive Skills (Introductory program to CBT)	12-16 weeks	1 - 1.5 hours/week	24	All BOP institutions	Cognitions
Criminal Thinking (Rational behavioral therapy for addressing antisocial cognitions)	12-18 sessions	1.5 hours/week	27	All BOP institutions	Antisocial Peers, Cognitions
Emotional Self-Regulation (CBT for managing personal emotions)	8-12 sessions	1-2 hours/week	24	All BOP institutions	Cognitions, Mental Health
Illness Management and Recovery (CBT for SMI)	12-40 sessions	Up to 1.5 hours/week	60	All BOP institutions	Mental Health
Social Skills Training (SST) for Schizophrenia (CBT for SMI)	Varies	Varies	60	All BOP institutions	Cognitions, Mental Health
Threshold Program (Faith-based program focused on values and life skills)	6-9 months	1.5 - 2 hours/week	72	All BOP institutions	Family/Parenting

⁷ Hours Awarded for Completion

⁸ CBI - Cognitive Behavioral Intervention

Productive Activities (PA)

PA Name (short description)	Duration	Frequency	Hours	Program Location(s)	Needs(s) Addressed
English-as-a-Second Language	Depends on inmate progress	Minimum of 1.5 hours/day	500	All BOP institutions	Education, Work
Drug Education	Varies	Varies	15	All BOP institutions	Substance Abuse
Non-Residential Drug Abuse Treatment Program	3-6 months	1.5 - 2 hours/week	24	All BOP institutions	Cognitions, Substance Abuse
Sex Offender Treatment Program (Residential and Non-Residential)	9-12 months	12 hours/week	500	Carswell; Devens; Elkton; Englewood; Petersburg-Medium; Marianna; Marion; Seagoville; Tucson-High	Cognitions
Ultra Key 6: The Ultimate Keyboarding Tutor (Typing skills)	Varies	Self-paced	20	All BOP institutions	Education, Work
A Healthier Me in the BOP (Educational wellness program for women)	4 sessions	1.25 hours/week	5	All female sites	Recreation/Leisure/Fitness
A Matter of Balance (Helps build self-efficacy in strength and mobility)	8 sessions	2 hours/week	16	All BOP institutions	Recreation/Leisure/Fitness
AARP Foundation Finances 50+ (Financial literacy for older adults)	3 sessions	1.5 hours/week	5	All BOP institutions	Finance/Poverty
Access (Program to assist women overcoming domestic violence)	5 sessions	2 hours/week	10	All female sites	Cognitions, Mental Health, Trauma
Alcoholics Anonymous	Varies	Varies	50	All BOP institutions	Substance Abuse
Arthritis Foundation Walk with Ease	6 weeks	Varies	6	All BOP institutions	Medical, Recreation/Leisure/Fitness
Beyond Violence: A Prevention Program for Criminal-Justice Involved Women (Women focusing on anger management)	20 sessions	2 hours/week	40	All female sites	Anger/Hostility, Cognitions
Brain Health as You Age: You can Make a Difference! (Improved memory and decision-making)	Varies	Varies	5	All BOP institutions	Medical, Recreation/Leisure/Fitness
Brief CBT for Suicidal Individuals (Addresses suicidality)	Varies	Varies	20	All BOP institutions	Mental Health
CBT for Prison Gambling	Varies	Varies	20	All BOP institutions	Antisocial Peers, Cognitions
Circle of Strength (Support group that introduces CBI to women)	13 sessions	1.5 hours/week	20	All female sites	Cognitions, Mental Health
CBT for Eating Disorders	Varies	Varies	20	All BOP institution	Mental Health
CBT of Insomnia	4-8 Session	Varies	10	All BOP institutions	Mental Health
Cognitive Process Therapy (CBT to address trauma)	12 sessions	1.5 hours/week	18	All BOP institutions	Cognitions, Mental Health, Trauma

PA Name (short description)	Duration	Frequency	Hours	Program Location(s)	Needs(s) Addressed
Dialectical Behavior Therapy Skills Training (CBT for managing emotions and distress)	52 sessions	1.5 - 2 hours/week	104	All BOP institutions	Cognitions, Mental Health, Trauma
Embracing Interfaith Cooperations (Fosters interfaith understanding)	5 sessions	1-2 hours/week	10	All BOP institutions	Cognitions
Federal Prison Industries (FPI) Lean Basics Training (Business processing training class)	16 hours	Varies	16	51 FPI facilities	Work
Foundation (Reentry focused goal setting program for women)	10 sessions	1.5 hours/week	15	All female sites	Cognitions, Education, Mental Health, Work
Getting to Know Your Healthy Aging Body (Discusses changes over the lifespan)	12 sessions	1 hour/week	12	All BOP institutions	Medical , Recreation/Leisure/ Fitness
Health and Wellness Throughout the Lifespan	3 sessions	.75 hours/week	3	All BOP institutions	Recreation/Leisure/ Fitness
Healthy Steps for Older Adults (Reduce falls)	3 sessions	Varies	3	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Hooked on Phonics (Aids in combatting dyslexia)	Varies	1.5 hours/day	500	All BOP institutions	Dyslexia, Education, Work
Houses of Healing: A Prisoner's Guide to Inner Power and Freedom (Emotional literacy and understanding)	12 sessions	2 hours/week	24	All BOP institutions	Cognitions
Key Train for ACT WorkKeys (Building job-relevant skills)	Varies	Varies	50	All BOP institutions	Education, Work
Living a Healthy Life with Chronic Conditions	Varies	Varies	24	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Managing Your Diabetes	12 sessions	1 hour/week	12	All BOP institutions	Medical, Recreation/Leisure/ Fitness
Mindfulness-Based Cognitive Therapy	8 sessions	2 hours/week	16	All BOP institutions	Mental Health
Money Smart for Older Adults	14 sessions	1-2 hours/week	28	All BOP institutions	Finance/Poverty
Narcotics Anonymous	Varies	Varies	50	All BOP institutions	Substance Abuse
National Diabetes Prevention Program	16 sessions	Varies	16	All BOP institutions	Medical, Recreation/Leisure/ Fitness
PEER (Disabilities support group)	10 sessions	1 hour/week	10	All BOP institutions	Antisocial Peers
Pu'a Foundation Reentry Program (Program for women grounded in Hawaiian culture)	Varies	2 hours/week	20	FDC Honolulu	Family/Parenting, Trauma
Service Fit (Wellness group for veterans)	8 weeks	2 hours/week	16	All BOP institutions	Recreation/Leisure/ Fitness
Sexual Self-Regulation (SSR) (CBT programs for sex offenders)	3-6 months	Varies	100	All BOP institutions	Cognitions

PA Name (short description)	Duration	Frequency	Hours	Program Location(s)	Needs(s) Addressed
Soldier On (Support group for veterans)	10 weeks	1-1.5 hours/week	15	All BOP institutions	Antisocial Peers, Trauma
Square One: Essentials for Women (Psychoeducation life skills for women)	8 sessions	1.5 hours/week	12	All female sites	Finance/Poverty, Mental Health, Recreation/Leisure/Fitness
START Now (Program behavior disorders)	32 sessions	Varies	32	All BOP institutions (gendered curricula)	Anger/Hostility, Cognitions
Supported Employment (Matching SMI with jobs)	Varies	Varies	20	All BOP institutions	Education, Mental Health, Work
Talking with Your Doctor - Guide for Older Adults (Prepares for medical appointments)	Varies	Varies	5	All BOP institutions	Medical, Recreation/Leisure/Fitness
Understanding Your Feelings: Shame and Low Self Esteem (Program for women)	7 sessions	1 hour/week	7	All female sites	Cognitions, Mental Health, Trauma
Victim Impact: Listen and Learn	13 Sessions	2 hours/week	26	All BOP institutions	Cognitions
Wellness Recovery Action Plan (Manage mental illness)	8 Sessions	2.5 hours/session	20	All BOP institutions	Mental Health
Women in the 21st Century Workplace (Occupational program for women)	10 sessions	1 hour/week	10	All female sites	Education, Work
Women's Relationships (Teaching women about healthy interpersonal dynamics)	5 sessions	1 hour/week	5	All female sites	Antisocial Peers, Cognitions, Family/Parenting
K2 Awareness Program	5 weeks	1 hour/week	5	All BOP institutions	Substance Abuse